WHAT IS CLAIMED IS:

1. A method for producing fish gelatin peptide comprising the steps of:

cleaning a fish skin with 0.1-5% salt water and fresh water;

extracting gelatin from the fish skin with neutral fresh water at 50-100°C;

subjecting the extract to enzymatic digestion;

concentrating the digested solution;

treating the concentrated solution with activated carbon ; and

drying the resulting compound.

2. A method as described in Claim 1 for producing fish gelatin peptide wherein the salt water serving as cleaning water contains salt at 0.5-2%.

3. A method as described in Claim 1 or 2 for producing fish gelatin peptide wherein the fish skin is one derived from white meat fish.

4. A method as described in Claim 3 for producing fish gelatin peptide wherein the white meat fish comprises codfish or pollacks.